



LIVERPOOL
HOPE
UNIVERSITY

Est. 1844

Shoulder Rehabilitation Conference: New Discoveries and Future Directions

Monday 27th November (EDEN Lecture Theatre)

8:30 - 9:00 Tea/Coffee and Registration (EDEN Corridor)

9:00 - 9:10 Welcome (Omid Khaiyat)

Session 1: Complex Shoulder Instability (Chair: Anju Jaggi)

9:10 - 9:40 Atraumatic shoulder instability: The Stanmore Journey (Anju Jaggi)

9:40 - 10:05 Brain (fMRI) and Muscle (EMG) activation patterns in patients with atraumatic shoulder instability (David Hawkes, Anthony Howard, Jo Gibson, Omid Khaiyat)

10:05 - 10:30 Traumatic shoulder instability (Len Funk)

10:30 - 10:55 Shoulder instability: Management of apprehension (Suzanne Gard)

10:55 - 11:20 Break and Trade Stands (EDEN Corridor)

Session 2: Shoulder in Sports (Chair: Ian Horsley)

11:20 - 11:45 Kinetic Chain Sequencing in Overhead Athletes with and without shoulder injuries: Preliminary Results (Liam Owens and Omid Khaiyat)

11:45 - 12:00 Utilizing Grip Strength Scores in Elite Sport: What We've Learnt and Where We're Going (Tom Hignett)

12:00 - 12:15 Shoulder injuries in cricket (Steve McCaig)

12:15 - 12:35 Return to Play (RTP) Challenges (Tanya McKenzie)

12:35 - 13:30 Lunch (EDEN Arbour Room) and Trade Stands (EDEN Corridor)

Session 3: Shoulder Rehabilitation: Miscellaneous¹ (Chair: Suzanne Gard)

13:30 - 14:00 Surgical and non-surgical management of rotator cuff related shoulder pain. What do we really know? (Jeremy Lewis)

14:00 - 14:20 Exploring experiences, barriers, and enablers to home, and class-based exercise in rotator cuff tendinopathy (Fiona Sandford)

14:20 - 14:40 Subacromial Impingement Syndrome? Mind your language! (Andrew Cuff)

14:40 - 15:00 Prognostic factors - what do they tell us? (Rachel Chester)

15:00 - 15:30 Break and Trade Stands (EDEN Corridor)

15:30 - 17:00 **Practical 1:** Vicon Upper Limb Motion Lab - 2 x 45 min

Practical 2: Current Advances in the Management of Complex Shoulder Instability - 2 x 45 min (Anju Jaggi)

17:00 - 18:00 **Discussion Forum 1:** Consensus on classification/management of complex shoulder instability (Panel: Anju Jaggi, Ian Horsley, Len Funk, Jo Gibson, Suzanne Gard)

18:30 Drink Reception/Faculty Dinner

Tuesday 28th November (EDEN Lecture Theatre)

8:30 - 9:00 Tea/Coffee/Networking (EDEN Corridor)

Session 4 : Shoulder Function Assessment (Chair: Omid Khaiyat)

- 9:00 - 9:30 The neural network based separation of Massive Rotator Cuff Tears and Complex Shoulder Instability (Gabor Barton)
- 9:30 - 9:45 Development of an upper limb power test (Gemma Parry)
- 9:45 - 10:15 A decade of clinical research on shoulder function assessment - What we have learnt? (Omid Khaiyat & David Hawkes)
- 10:15 - 10:45 Break and Trade Stands (EDEN Corridor)

Session 5: Rotator Cuff and Exercise Prescription (Chair: Jo Gibson)

- 10:45 - 11:05 Recovery of Shoulder Activity in patients after Rotator Cuff Repair (Takayuki Muraki)
- 11:05 - 11:25 Early vs conservative rehabilitation after rotator cuff repair (Bruno Mazuquin)
- 11:25 - 11:45 Changes in the Activities of the Shoulder Abductors and Glenohumeral Joint Kinematics after Rotator Cuff Repair (Hiroaki Ishikawa)
- 11:45 - 12:15 Rotator Cuff Rehabilitation: Searching for the magic bullet? (Jo Gibson)
- 12:15 - 13:00 Lunch (EDEN Arbour Room) and Trade Stands (EDEN Corridor)

Session 6: Shoulder Rehabilitation: Miscellaneous 2 (Chair: Andre Le Leu)

- 13:00 - 13:20 The role of the Kinetic Chain in Shoulder Rehabilitation: Does incorporating the trunk and lower limb into shoulder exercise regimes improve shoulder muscle recruitment patterns? (Ellie Richardson)
- 13:20 - 13:45 Impact of Whole Body Vibration on Shoulder Muscle Activity, Timing, and Fatigue (Jessica McMahon, Omid Khaiyat, David Hawkes, Ian Horsley)
- 13:45 - 15:15 **Practical Session 3:** NORAXON/PHYSIQUE: Functional Shoulder Movement Assessment Based on Objective Parameters 2 x 45 min
- Practical Session 4:** Current Advances in the Management of Rotator Cuff Dysfunction 2 x 45 min (Jo Gibson)
- 15:15 - 16:15 **Discussion Forum 2:** Consensus on optimal shoulder assesment package (clinical and lab set-ups) (Panel: Andre Le Leu, Anju Jaggi, Jo Gibson, Omid Khaiyat)
- 16:15 Closing Address



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